

MY TOWN GROCERY STORE

JAZZ UP A SIMPLE MEAL

In the My Town Grocery Store you can find all kinds of ingredients to cook up your favorite meal. Sometimes you can take one of your favorite packaged meals and give it added nutrition and flavor by adding a few fresh ingredients!

Oatmeal Mix-Ins

Ingredients:

- Pre-Packaged Oatmeal (your choice)
- Cinnamon
- Raisins
- Nuts
- Berries or Fruit

Prepare your oatmeal according to the instructions on the package. Mix in your favorite combination of extras for added nutrition, texture and flavor.

Here are some of our favorite combos:

Cinnamon Raisin Oatmeal – add a dash of cinnamon for a dose of vitamins, minerals and antioxidants, and a scoop of raisins for natural sweetness as well as vitamins, minerals and fiber

Cinnamon Apple Oatmeal – cinnamon goes so well with oatmeal in general and adding apples provides some extra vitamin C, potassium and fiber to the mix

Cherry Walnut Oatmeal – add a handful of freshly diced cherries for a dose of vitamin B & C, minerals and fiber, and add in walnuts for omega-3 fatty acids and a boost to your brain health

Ramen Mix-Ins

Ingredients:

- Pre-Packaged Ramen or Cup of Soup
- Fresh or Frozen Corn
- Fresh or Frozen Peas
- Fresh Carrots
- Fresh Broccoli

Before adding the hot water, add in your favorite combination of extras and prepare the ramen according to the instructions on the package.

Here are some of our favorite ramen combos:

Broccoli Ramen – add fresh broccoli to your noodles for a punch of vitamins C & K, fiber, iron and potassium

Peas and Corn Ramen – add fresh or frozen corn for protein and a host of vitamins, and add peas for a dose of fiber, vitamins C & K and folate

Peas and Carrot Ramen – add diced or shredded carrots for a kick of beta carotene, fiber, vitamin K and potassium

